

Nation

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November is Diabetes Awareness Month



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Grand Council of the Crees
(Eeyou Astchee)
Grand conseil des Cris
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The Cree Board of Health &
Social Services of James Bay

Dear Parents,

We are all at risk for Diabetes. The Diabetes Epidemic in Eeyou Istchee is escalating at an alarming rate. Today, there are 1232 Cree living with Diabetes. The age-adjusted prevalence of Diabetes for the Cree 20 years and older is 20.6% in comparison to Quebec which is 4.9%. **Diabetes Prevention** is the only way we can save our children from developing this devastating chronic disease. And you as parents have a huge responsibility to be role models in Diabetes Prevention. To do your share, please read carefully the following recommendations:

• Learn as much as you can about Diabetes.

Information about Diabetes is available at your health clinic or Regional Diabetes Initiative Office (418-923-3355) or visit www.creedabetes.com. The more you learn about good eating habits, physical activity and healthy living, the easier it is for you to make the right and healthy choices for you and your family. Talk to and teach your children about Diabetes Prevention.

• Be physically active every day.

Physical activity will burn the extra energy stored in your body. Physical activity can mean walking 30 minutes every day or at least five times a week. Take a walk with your spouse and children. Walking with your family is quality time spent together. Play

sports, try a new sport like cross-country skiing, or go skating or sliding with your family. Physical Activity should be fun for the whole family.

• Eat traditional & healthy food.

A traditional and healthy food is good medicine for your body. You and your children need to eat traditional and healthy foods for your bodies to function properly. Make small changes in your eating habits a little at the time. For example: eat smaller portions; eat Eeyou meechum instead of poutine, Klik or other processed food; choose a fruit instead of potato chips or chocolate; roast or boil food instead of frying; drink water, natural or unsweetened juices or milk instead of regular pop, Kool-Aid or Tang. Eat 5 fruits and vegetables a day.

• Get involved and help your community.

The most important part of any successful Diabetes program is the community action. Work with your community to create a Community Diabetes Task Force. This group can organize support groups, cooking classes, store tours, physical

activities, school activities, community activities and other events. Nothing will happen if you and your family do not get involved in your own community and take responsibility for healing actions. **Let's work for our children and grandchildren's health and welfare.**



**Let us work together to prevent
Diabetes and build a healthy,
strong and proud Cree Nation.**

**Be a good and healthy role model
for your children.**

Grand Chief Dr. Ted Moses
Grand Council of the Cree of Eeyou Istchee

Dianne Reid
Chairperson - CBHSSJB



Ville de Val-d'Or



**Wachiya !
Welcome !
Bienvenue !**

As mayor of Val-d'Or and on behalf of all citizens, I wish to congratulate all athletes and say a special thanks to family members who are attending the Cree nation tournament in our city from the 16th of December till the 19th.

Au nom de tous les citoyens de Val-d'Or, je tiens à féliciter tous les athlètes et transmettre un merci très spécial aux membres des familles qui viennent participer au Tournoi de la Nation crie, qui se déroule à Val-d'Or du 16 au 19 décembre.

I believe that such an event contributes in both the sharing and exchanging of our cultural, social and business relationships.

Je crois qu'un tel événement contribue au développement et au maintien de liens tant culturels que sociaux et économiques.

We are happy to welcome you once again for this special sporting event.
Your community will always be welcomed in Val-d'Or.

Nous sommes fiers et heureux de vous accueillir de nouveau à Val-d'Or pour cet événement spécial.
Sachez que vous serez toujours les bienvenus chez nous.

Fernand Trahan
Mayor of Val-d'Or
Maire de Val-d'Or

Out in the cold

Will Nicholls



Sometimes you know it's going to be one of those days followed by more of the same. For me it all started when I thought I remembered where I had packed away the winter clothing. It turned out I did not and I was in a hurry to get to the Annual General Meeting of the James Bay Cree Communications Society in Mistissini.

My first warning of how things would be was the amount of snow I noticed on the ground during the stopover in Roberval. I began to regret not finding my winter gloves, scarves and especially woolen underwear (one must protect the future generations after all).

But Roberval wasn't too bad... compared to Chibougamau. The wind quickly cut through the pants letting me know I had become a little too citified. In other words, it was brisk and cool.

Now don't get me wrong: I enjoy winter. What I don't enjoy is the unpleasant changes in weather. One part of the day you are in a no-snow zone and then, wham!

Winter in Mistissini has some unexpected bonuses for me, however. It is more healthy as I don't smoke all that much. You see, my parents and brothers have all quit smoking. This makes my parents' house a no-smoking zone.

That means that every time I want to have a cigarette, I have to put on my boots, sweater, jacket and gloves to go outside in the cold. This time it was unseasonably cold with a lot of wind. It meant I wasn't going outside a lot to satisfy my addiction to nicotine.

That's something I have noticed in the past whenever I've been home for a visit; that I smoke less. Smoking is more of a social action than we think. Going out in the cold for a solitary smoke is less inviting than sitting around with friends talking in the warmth.

Like many of you, I have been

thinking of quitting smoking for the health and wealth benefits. If you smoke on average one package a day at a cost of \$8 that comes out to \$2,920 a year. Since cigarettes cost anywhere from \$6.30 to \$10 (in bars), that figure may fluctuate from \$2299.50 to \$3650. In any case, you'd have enough cash for a great many things besides smoking. Such as a nice vacation someplace warm in the winter, a second-hand all-terrain-vehicle for hunting, money for new furniture since the old stuff smells like cigarettes or new clothes for the same reason (though who needs a reason to shop at times). Just use your imagination and remember to save a little for the gym since you don't want to bloat.

We all know smoking is not healthy for you but what happens when you quit?

It all starts 20 minutes after quitting when your heart rate drops.

At 12 hours the carbon monoxide level in your blood drops to normal.

Within two weeks to three months your heart-attack risk begins to drop and your lung function begins to improve. Ulcer risk drops.

From one to nine months after quitting see your coughing and shortness of breath decrease.

In just a year your risk of coronary heart disease is half that of a smoker's.

You will see your stroke risk reduced to that of a nonsmoker's five to 15 years after quitting.

Ten years after quitting, your lung cancer death rate is about half that of a smoker's. In addition, your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

It takes 15 years to make your risk of coronary heart disease equal to that of a nonsmoker's.

All in all, my New Year's resolution may be to stop sending my money up in smoke... except for pipe ceremonies of course.

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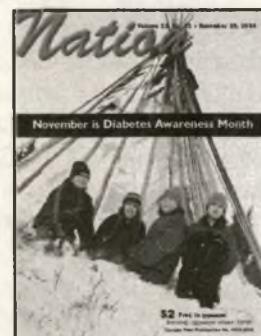
Under the Northern Sky 23

on the cover

Wemindji girls hanging out

Photos: Danielle Valade

Design: M. Laviolette



Party on

Sonny Orr

One of the most dangerous seasons is approaching, dangerous for those who have dared to speak up on what lurks behind the annual Christmas office party. I haven't really been party to the party or the ensuing cold-weather risks (from being booted out on to the cold and barren streets of the north) of trying to remember who you talked to the night before, but I have been witness to many follies that have happened during the holiday month of December.

As I did research on the dangers of the office party I found out some major statistics are right on the money. Quite often the boss is the butt of the jokes, which are doled out by the dozen by rum-brazened employees. One major fact was that the time the most firings occurred was the morning after the staff party, leaving one to wonder whether if it is a corporate strategy to eliminate some pesky person who just happens to get the ire of the head honcho during the merriest of all seasons. Perhaps it's a power tactic that Scrooge invented and has been copied over the decades by shrewd executives.

In some instances, the torrid office affair comes out loud and clear, open to all tongue-waggers eager to be the first to spill the proverbial beans to the next co-worker, and eventually to the boss, who in many circumstances, is the suspect, the culprit and target of ladder-climbing vice-presidents and lower management flunkies. However, in the Cree world, all company parties on Cree land are usually alcoholic-free zones. Therefore, the risk of potential impact from naughty holiday shenanigans are avoided altogether (at least to my intimate knowledge) and people never get fired as a result.

Incredible as it may seem, office parties during Christmas are usually steam-venting venues. This all ends on the first day of the New Year as reality sinks back in and the party hearty live to work again. Embarrassing situations aside, the idea of having Christmas staff parties originated with the story of Scrooge and dear Tim, where Scrooge realized that his lack of generosity to his only staff member caused the eventual decline of his small empire and total hatred of the common person to those in authority brings only sorrow and a dwindling bottom line.

Perhaps as a small lesson in protocol, schmoozing with the boss or president is totally acceptable, but calling him/her anything else other than a good person can lead down the road to the employment office. Flirting with the receptionist is acceptable, but disappearing with her for more than five minutes can lead down the road to a paternity suit or, worse still, the aisle down the church with angry family members toting sawed-off shotguns and a lifetime grudge from former boyfriends and girlfriends to rub in until time immemorial. Sharing more mentionable incidents (as this is a family magazine and children do read this column) the office party is the forum to either get ahead in life, to remain status quo or just to have a good time and rub elbows with those who would normally only give courteous acknowledgment of your existence on earth.

However the office party is looked at or experienced, it is something that many look forward to as it means that the holidays are nearing and good old Santa is not far behind with oodles of goodies for the good and tons of coal for the naughty.

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LARRY ROSS FIRES BACK

CHISASIBI POLICE FEUD BURNS ON

By Steve Bonspiel

Larry Ross says his former boss is a liar. In a *Nation* interview to respond to allegations by former Chisasibi Police Chief Harry Snowboy, Ross he feels betrayed and that he never breached his oath of discretion as a police officer.

"First of all I'm disappointed that Harry would outright lie about that," said Ross, who was assistant police chief under Snowboy at the time. "I am well aware of the oath and at no time did I ever breach that oath."

In a story last September, the *Nation* reported that Snowboy believed Ross overstepped his bounds when he launched an investigation into Snowboy's alleged mismanagement of funds. Snowboy said that Ross broke the oath of discretion agreed to by every sworn-in police officer, and left him no choice but to suspend him.

But the charges were taken seriously and the band council suspended Snowboy on October 17, 2003. Ten months later, however, the band council exonerated and offered to reinstate the former police chief. Snowboy declined to rejoin the force. By this time, Ross had also left the Chisasibi police service with a severance package in his pocket.

"I never wanted to leave Chisasibi," said Ross, who says he has applied for two open positions within Chisasibi's police force. "I got along with most of the officers. The community members wanted me to stay there. They had a petition and a roadblock to keep me there. I would go back tomorrow if they'd rehire me."

And Ross says everything he did was above-board.

"I spoke to officers and civilian staff that were duly authorized to deal with the allegations of misappropriation of funds against him," he said. Ross still believes that since Snowboy, as director of policing, was solely responsible for the budget, the discrepancies he allegedly uncovered "pointed directly to Snowboy."

Ross went on to say that he thinks Snowboy suspended him because of personal reasons. "The fact is that I served him loyally and [helped to] upgrade that Police department. I think he felt threatened that he was not an effective police leader and that I was, and he wanted to protect his job. When I was there, I basically ran the police department. I find it very insulting that he would do that to me. I feel I'm being almost punished for finding out the things that he did."

Ross added that he did not want to make things worse by fighting with Snowboy so he decided to take the high road and leave the community after being approached by the band council to do so.



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The Cree Board of Health & Social Services of James Bay

December 1st is AIDS awareness day all over the world.



This year's chosen theme is discrimination and stigmatization towards HIV positive individuals, as negative attitudes can have tragic consequences on infected people. It may make them feel isolated and hence impact on their mental health and wellbeing. Rejecting these people does not prevent the disease but may only make the person uncomfortable about getting help and treatment, which, in turn, can only worsen the situation.

The HIV infection is not linked to the individual's race or gender. HIV can affect anyone, including people from our region. In fact, when we look at the very high rates of sexually transmitted infections (STI) in our region, it is clear that our population is at high risk for HIV.

Sometimes, however, people become infected because they were not aware the risks and of the measures they could use to protect themselves, such as using condoms, limiting the numbers of sexual partners or using clean needles when injecting drugs. Prevention of HIV can only come if we are informed. At your local clinic, for example, you can obtain information on STI's (including HIV infection), as well as on screening and treatment possibilities.

On this December 1st, let's take a few minutes to reflect on how each one of us can contribute to preventing HIV infection. If we take part of the solution, and if we all collaborate, we can contribute to the prevention of the disease and its consequences.

Innot Mush'Ayuma
Program Officer – Sexual and Mental Health
Public Health Department, CHBSSJB

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Artillery range draws opposition fire

Waswanipi residents say they aren't getting the answers they are asking for on the proposed military firing range near Chapais.

Both Waswanipi and Chapais were home to hearings of the review committee on the proposed SNC Technologies heavy artillery range on November 2 and 3.

Many people showed up to voice their opinions on the controversial project. Cree hunters and trappers who are to be affected by the range attended to make sure their voices were heard.

"They didn't answer all of our questions, we found out that the next day in Chapais different information was given to the people there," said Paul Dixon, fur officer with the local Waswanipi Cree Trappers Association.

He said opposition to the proposal is high in Waswanipi. "Everyone was opposed to the project and wanted their voices heard," he said. "We started the meeting at 1 pm and finished around 8 that night."

Dixon went on to say that one of the consultants, Bruce Smith, only told him half the story. "He never showed us the full impact this would have. He didn't tell us initially that instead of the artillery flying the maximum range of 17 kilometres, it turned out that some might fly almost as far as Presqu'île Lake, over 30 kilometres away."

In Chapais, Mayor Berube spoke in favour of it, saying that the community had suffered from the closing a few years back of the mine that acted as the main source of employment. He said that the community could not afford to pass up an opportunity to support such an economically positive proposal.

Other advocates talked about similar positives such as the possible attraction of the site to tourists.

But some non-natives expressed concerns for ground water pollution, noise pollution and the negative

impacts on the Cree and Chapaisien ways of using the land.

SNC Technologies said that after 30 years of usage of the land, they would effectively clean it up and it would be restored back to its original condition.

Mistissini teen found stripped, beaten

A 13-year-old Mistissini girl was found beaten and stripped down to her socks October 30.

The girl, who cannot be identified because of her age, was found shortly after the incident with deep bruises, a fractured cheekbone and a fractured jaw. She spent five days in the Chibougamau hospital.

"Her face was very swollen and unrecognizable," said Mistissini Police Chief Calvin Blacksmith. "It's rare we see someone beaten up so badly. I would say it's averaged once a year here."

Charges have been laid, but the alleged perpetrators also cannot be identified because of their age.

Three counts have been laid against one of the suspects, five against another. They include robbery and assault causing bodily harm. "We tried to ask the crown to lay an attempted murder charge on them but they decided to go with the lesser charge," said Blacksmith.

They have been released until their next court appearance November 30.

Chisasibi teen commits suicide

The community of Chisasibi is in mourning once again as one of its youth has committed suicide – in her own home.

According to Chisasibi's acting Director of Policing, Eric Mistacheesick, the 17-year-old girl was found a few hours after the November 14th incident.

"Her mother informed us that she

went down into her bedroom at around five o'clock and was only found at 8:50. It was estimated that she had been dead for at least two hours," he said.

"I was shocked that it happened."

The mother told Mistacheesick that her daughter, who cannot be identified because of her age, was drinking that night.

Cree Telecom to have health benefits

High-speed access to the World Wide Web is coming to Eeyou Istchee. What is little known, however, is the work the year-old Eeyou Telecommunications entity has done to bring fibre optics to the Cree communities.

It is a multi-stage project that will see Chisasibi being hooked up first and then spreading quickly to the other communities. The possibilities and benefits of this system are many, according to proponents. It's also expected to create between 20 and 25 jobs once the network is established. And they are high-tech jobs, which require collegial training.

Alfred Loon said, "We're hoping that services through online will be much faster. This will benefit anybody in telehealth, and tele-education."

Loon said if there is a problem finding a math teacher or one that doesn't want to come up North they can find a teacher anywhere in the world to teach students online in real time. He also expects schools will benefit because every kid will have access to information and its high-speed bandwidth.

The entities who sit on the board are the Cree Regional Authority (CRA) the Cree School Board, Cree Health Board, and James Bay Cree Communications Society. All are enthusiastic. There are the four founding members of the telecom committee: Alfred Loon, Buckley Petawabino, Francois Turgeon,



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- Minimum CEGEP diploma
- Office experience a must
- Bilingual – a must
- Typing skills
- Computer skills (Word, Excel, Outlook. Quickbooks an asset)

Accounting skills would be a definite asset.
Driver's licence and car would be an asset.

The Admin. Assistant duties include accounting tasks, general office duties. As Production Coordinator, the duties involve: working closely with salespeople, writers and the graphic designer, coordinating production of the news magazine, ensuring deadlines are met, assisting in ad approval, typing of classified ads, liaison with ad clients, assisting in Editorial meetings.

This position requires someone who is responsible, mature and who has a strong sense of initiative. We are looking for someone who is capable of, when faced with a challenge, able to suggest several possible solutions quickly. As the work involved changes rapidly, one must be flexible and know how to manage their time and tasks.

Qualified applicants are requested
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Health Board representative Daniel Tufca and the president of JBCCS, Raymond Menerick. Hymen Gloustein is the general advisor to the telecom committee.

The committee is a non-profit organization that will own and operate the network. The company will manage the day-to-day operations, while the board's responsibilities are to operate and manage the network. The network will ensure to provide services to the Cree communities. The services are tele-health, tele-education, and the high-speed Internet commercial and residential.

"Not every community has a doctor," Loon observed. "Now nurses have to call doctors in Chisasibi and the doctors have to do everything by phone. But through the tele-health with the video images the doctor can see the patient, so this is how it will benefit just about everybody."

Telehealth will likely be the biggest user of the telecom services, added

Loon. "But schools will also benefit because every kid can have high-speed access to information that's out there. The owners will be the Cree people and the customers will be the municipalities. That's how we set it up."

Beavers cash in

This story comes from the stranger than fiction file.

Beavers in Greensburg Louisiana are proving that money laundering doesn't always pertain to criminals.

A bag of bills stolen from a casino was used by the eager beavers along with sticks and mud to create a humble, and by beaver standards, expensive abode.

"They hadn't torn the bills up. They were still whole," said Maj. Michael Martin of the sheriff's office.

The money was part of \$70,000 to \$75,000 taken last week from the (un?) Lucky Dollar Casino in Greensburg.

Deputies searched for the money

for days until a lawyer, hoping to make a deal with prosecutors for a client, called and said the money had been discarded in the creek, Police Chief Ronald Harrell said.


Officers searched the creek during the weekend of November 13-14th. They found one money bag right away and located a second downstream against the beaver dam.

The third bag of dough couldn't be found, Martin said, so deputies started breaking down the beaver dam to drain the pond it was holding. That was when they saw the dam's expensive decoration.

They eventually found the missing bag, which the beavers hadn't completely looted

"The casino people were elated" to get the money back, even if some of it was wet, Harrell said.

Altogether, deputies found about \$40,000, and they expect to find the rest in a safety deposit box at a bank in Mississippi, authorities said.



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HOME FOR THE HOLIDAYS

WASKAGANISH WOMAN BATTLES HEALTH PROBLEMS WITH HOPE AND HUMOUR

BY ERNEST WEBB

She stayed so long in Montreal she joked she was losing her Cree. Elsie Georgekish Erless is being fitted for a prosthetic leg and hopes to be home by Christmas.

Elsie who is 53, is staying at a rehabilitation centre for people who need artificial limbs. Her husband David comes in every day to visit. "Sometimes he comes in late," she jokes.

Elsie's "hard journey" began in her hometown of Waskaganish. It was February 2003 when she contracted flesh-eating disease, "the same disease that Lucien Bouchard had." She was sent to Chisasibi then to Val d'Or and then finally to Montreal where they operated on her to remove the infection. During that time her condition was critical.

"Her doctor didn't know how she would do minute-by-minute," her husband David recalls. "She was on life support and her blood pressure wasn't stable, they had her on full antibiotics and put her on temporary dialysis. They didn't give me hope."

Elsie says the five days she was in intensive care "felt like one day." During that time David's faith kept him strong. Deep down he knew she would be okay. In the week when her condition was critical the family received some signs including dreams that he believes were from god that she was going to be okay. "We all prayed for her.

I called other pastors to get their congregations to pray for her," he said.

They found the flesh-eating infection didn't spread. Then the next part of the journey started. Elsie's sugar levels went up and she was put on pills. She didn't take to the pills and for a while they tried to control the blood sugar levels with her diet. But in August she had kidney failure and had to go on dialysis.

Since then she can only spend a day or so during weekends visiting family in Waskaganish before they have to go back to Chisasibi for dialysis. David had to quit his job at the Cree Trappers Association to be by her side.

"I go in three times a week," Elsie said. "I sometimes get frustrated. But I know they are trying to help me. I try not to think that way."

When she started dialysis she had questions. "At first I didn't know what would happen. I asked the nurse how long I would live. She'd say she didn't know and pointed out people who had been on the machines for the last 30 years."

She also goes through bouts of depression. "You know when you get so sad you cry?"

In September the community of Waskaganish gave a feast in their honour and were taken aback with the money raised to ease their burden. "They showed their love," said David. Elsie, who couldn't be there, said she "will never forget what they did for us."

She says the hardest part is being away from family. "Both of my parents are still around and sometimes my father doesn't do well so I



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think of them a lot. I think of my children and grandchildren too. It's a hard road... a hard journey."

In March she hurt her foot and contracted ulcers that never healed. It got so bad the doctor told her they had to amputate. It was an easy decision for her. "I want to be around to see my children and grandchildren."

They cut below the left knee but it didn't heal and a month later they had to cut above the knee. Then remarkably "it healed real fast."

Elsie is looking forward to being home for the holidays and walking again. "I will try on my new leg tomorrow." She knows she will walk soon because she's dreamed of it.



FLESH-EATING DISEASE IS A KILLER

Flesh-eating disease is the common name for necrotizing fasciitis (nek-roe-tie-zing fah-shee-eye-tis), an infection that works its way rapidly through the layers of tissue (the fascia) that surround muscles. It destroys tissue and can cause death within 12 to 24 hours. It is estimated that there are between 90 and 200 cases per year in Canada, and about 20 to 30 percent of these are fatal.

The symptoms of flesh-eating disease include a high fever, and a red, severely painful swelling that feels hot and spreads rapidly. The skin may become purplish and then die. There may be extensive tissue destruction. Sometimes the swelling starts at the site of a minor injury, such as a small cut or bruise, but in other cases there is no obvious source of infection.

Flesh-eating disease can be caused by a number of different bacteria, including group A streptococcus (GAS). GAS is a very common bacteria. Many people carry it in the throat or on their skin without getting sick. It is the same bacteria that causes strep throat, and can also cause impetigo, scarlet fever and rheumatic fever. In rare instances, GAS will cause serious illnesses, including pneumonia, meningitis, blood poisoning (bacteremia), streptococcal toxic-shock syndrome and flesh-eating disease.

Few people who come into contact with GAS will develop a serious disease. The bacteria are normally spread through close personal contact, such as kissing or sharing cutlery with someone who is infected. People who are ill, such as those with strep throat or skin infections, are most likely to spread the bacteria. People who carry the bacteria, but have no symptoms, are much less contagious.

RISK FACTORS

Scientists do not know exactly why group A streptococcus causes only minor infections for some people, but poses a serious threat to others. However, some risk factors have been identified, including:

- A weakened immune system, which could be caused by such factors as disease (HIV infection, AIDS), cancer treatments (radiation and chemotherapy), or by taking anti-rejection drugs following an organ or bone-marrow transplant;
- Chronic diseases, including heart, lung or liver disease;
- Recent close contact with someone who has flesh-eating disease that was caused by GAS;
- Chickenpox (It should be noted, however, that while flesh-eating disease is a complication of chickenpox in children, very few children with chickenpox will develop flesh-eating disease).

Keep in mind that flesh-eating disease is very rare. Your chance of getting it is low, even when these risk factors are present.

MINIMIZING YOUR RISK

The following steps will help to minimize any risk that exists:

- Seek immediate medical attention if you have the symptoms of flesh-eating disease.
- If you have been in close contact with someone who has flesh-eating disease caused by GAS, consult your doctor. It may be a good idea to take antibiotics as a precaution.
- Take proper care of minor wounds and cuts. Wash the affected area in warm soapy water, and keep it clean and dry with a bandage.

-from a Health Canada website

Niskamoon Corporation

During the past 25 years, the Crees and Hydro-Québec have executed many agreements, such as the Opimiscow Agreement, the Mercury Agreement (2001), the Cree Employment Agreement, the Nadoshtin Agreement, the Boumhounan Agreement and more recently the Agreement Concerning the New Relationship between Hydro-Québec/SEBJ and the Crees of Eeyou Istchee (hereafter «the Cree-Hydro-Québec Agreements»). The last whereas of this Agreement stipulates:

WHEREAS the parties place behind them the previous disputes which have tarnished their relationships, and have rather decided to pursue a forward looking relationship based on mutual respect, good faith, reconciliation, partnership, meaningful participation and mutually beneficial economic and social arrangements.

The Cree-Hydro-Québec Agreements provided for the creation of numerous corporations such as the Opimiscow Compane, Eeyou Namess Corporation, Apatisiwin Corporation and Nadoshtin Compane. These entities had a very similar mandate and it created a lot of confusion in the Cree world.

Recently, the Grand Council of the Crees (Eeyou Istchee), the Cree Regional Authority, the nine (9) Cree Nations (Chisasibi, Whapmagoostui, Wemindji, Eastmain, Waswanipi, Nemaska, Waskaganish, Mistissini and Oujé-Bougoumou), Hydro-Québec and SEBJ have executed an agreement entitled: «Agreement Concerning the Administration of Cree-Hydro-Québec Agreements and the Niskamoon Agreement» (hereafter the «Niskamoon Agreement»).

The Niskamoon Agreement provides for the creation of a non-profit corporation, the Niskamoon Corporation, and its principal objectives are the following:

- A)** to facilitate, simplify and speed up access to the benefits, measures, resources and programs under the Cree-Hydro-Québec Agreements for the Crees, the Cree communities and for other Cree entities;
- B)** to provide a more efficient framework for cooperation between the Crees and Hydro-Québec in respect to the implementation of the Cree-Hydro-Québec Agreements;
- C)** to provide more effective mechanisms for the implementation of the Cree-Hydro-Québec Agreements
- D)** to streamline and render more effective the administrative costs to the Crees associated with the implementation of the Cree-Hydro-Québec Agreements;
- E)** to bring better coherence to the implementation of the Cree-Hydro-Québec Agreements;
- F)** to regroup under the Niskamoon Corporation large parts of the administration and management of the Cree-Hydro-Québec Agreements.

The Niskamoon's Board of Directors is composed of 8 individuals appointed by the members of the Corporation, which are the Grand Council of the Crees (Eeyou Istchee) and the Cree Regional Authority. It is important to note that Hydro-Québec is not a member of the Corporation. However, three (3) directors are recommended by Hydro-Québec to the members of the Corporation.

The directors of Niskamoon Corporation are: Dr. Billy Diamond, President, Mrs. Violet Pachanos, Vice-president, Mr. Stanley Gilpin, Mr. Lawrence Jimiken, Ms. Robin McGinley and the directors recommended by Hydro-Québec are Mr. Réal Courcelles, Mr. Pierre Grégoire and Mr. Luc Lévesque.

Niskamoon Corporation will be mainly involved in three (3) sectors of activities and programs managed by three young dynamic Crees: Kathy Shecapio, Regional Coordinator of Training and Employment, Denise Pérusse-Pelchat, Regional Coordinators of Fisheries and Health and Barry Bearskin Regional Coordinator of Remedial Measures.

The Niskamoon Corporation is actually in the process of organizing itself and in the next issue of the Nation we will be proud to divulgate our new logo as well as the name and of the nine (9) Niskamoon local coordinators who will be trained to inform the Cree population on Niskamoon's programs and to provide help in the development of admissible proposals.

Niskamoon is dedicated to ensure that the Crees of Eeyou Istchee get the maximum benefit of the Cree-Hydro-Québec Agreements.

(819) 673-2600

or

by email:

maya@lino.com

For further information, please contact Niskamoon Executive Assistant, Maya Lachapelle, at Niskamoon's head office in Nemaska:

Diabetes can be prevented, do your part

by the Nation staff



Diabetes is very prevalent in Native communities across Canada. November is Diabetes Awareness month, so we felt it would be appropriate to give an overview of the disease's effects and how to prevent it.

The following information was supplied by the Health Canada website:

What is diabetes?

Diabetes is a condition in which the body's use of insulin – a hormone that regulates metabolism – is impaired. Insulin is needed by the body to turn the sugar in foods into energy. In **type 2 diabetes**, which accounts for 90 per cent of cases of diabetes, the body produces insulin but is unable to use it effectively. In **type 1 diabetes**, the pancreas makes little or no insulin.

Diabetes amongst First Nations

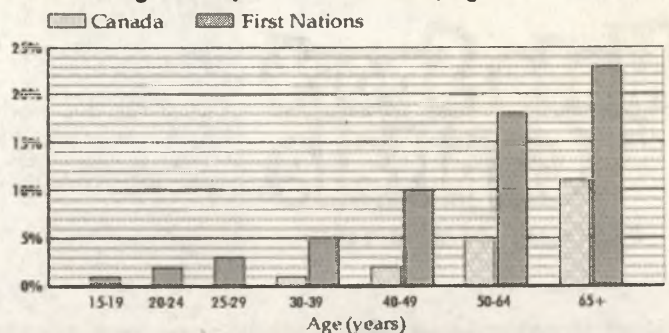
From a disease that was virtually unknown among First Nations, Inuit and Métis people 50 years ago, the prevalence of Type II Diabetes Mellitus among First Nations is now at least three times the national average. It has been demonstrated that Aboriginal Canadians are experiencing prevalence rates of this condition that are among the highest in the world.

Previously called Adult Onset Diabetes Mellitus, Type II Diabetes Mellitus has begun to affect Aboriginal chil-

dren. Diabetes is a serious health problem which can result in a number of complications including blindness, diabetes-related heart failure and peripheral vascular complications that may in turn result in limb amputation.

There are a number of theories as to why diabetes is so prevalent among Aboriginal people. Recent research suggests that there may be a link between stress, depression and diabetes. The possibility that these factors are related may be compelling, because the prevalence rates of both stress and diabetes are high among Aboriginal Canadians.

Percentage of People with Diabetes by Age



Based on data from the Aboriginal Peoples Survey (1991) and National Population Health Survey (1994)

Source: Bobet, 1997

Diabetes in First Nations communities is now considered an epidemic, and rates are continuing to increase.

Although much less is known about diabetes among Métis people, results from the Aboriginal Peoples Survey show rates well above the non-Aboriginal average.

In the past, Inuit people have been the only exception to this pattern of high rates. However, more recent regional data indicate that this too is changing. Data available for some First Nations indicate a high prevalence of complications such as heart disease, hypertension, stroke, lower limb amputations, kidney disease, and eye disease.

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There is particular concern regarding two groups within the First Nations population: children and women of childbearing age.

Rates of diabetes appear to be higher on-reserve than off-reserve.

Most of the available information on diabetes among Aboriginal people concerns First Nations communities. However, based on the limited data available, there is still cause for concern among Métis and Inuit people.

Métis people have diabetes prevalence rates higher than that reported among First Nations living off-reserve (Statistics Canada, 1991) and report less access to primary health services compared to the general population. Risk factors such as obesity and physical inactivity are increasing among some Inuit communities (Young et al., 1993; Imrie and Warren, 1988), and the prevalence of diabetes among the Labrador Inuit is greater than that of the non-Aboriginal population (Labrador Inuit Health Commission, 1999).

Access to health care services are key issues where Inuit experience the lowest access to physician and health professional services (Statistics Canada, 1993; Newbold, 1998).

Diabetes is an important issue in the Aboriginal population for a variety of reasons other than high rates of disease. Other concerns include early onset, greater severity at diagnosis, high rates of complications, lack of accessible services, increasing trends, and increasing prevalence of risk factors for a population already at risk.

Because Aboriginal ancestry is a risk factor for diabetes (Young et al., 1990), this disease is of importance to all Aboriginal communities.

Funding

In Canada, the health care costs alone for treating diabetes and its complications may

be as high as \$9 billion (U.S.) each year.

The Canadian Diabetes Strategy, announced in the 1999 Federal budget, created a five-year, \$115 million strategy to begin to deal with the issue of diabetes. Over the five years, \$58 million has been allocated to the Aboriginal Diabetes Initiative (ADI) to begin to address the epidemic of diabetes in Aboriginal communities.

Healthy eating + active living = diabetes prevention

Although there is no cure for diabetes, research shows the disease can be prevented or delayed by eating healthfully, exercising regularly and maintaining a weight within the range of normal. If you already have been diagnosed with type 2 diabetes, a healthy lifestyle also will help you manage the disease well and prevent complications.

"Healthy eating and regular activity is good advice for good health and well-being generally," points out Lynn Baughn, manager, diabetes education programs and strategies for the Canadian Diabetes Association.

In fact, even for those who are already at high risk for developing diabetes because of obesity, advanced age or other factors, a U.S. study conducted by the National Institutes of Health showed that people who exercised for 2.5 hours a week and who lost 5 to 10 per cent of their body weight were able to reduce their risk by 50 per cent.

"In a person who was 50 pounds overweight and who lost five pounds," explains dietitian Sharon Zeiler, senior manager of nutrition initiatives and strategies with the Canadian Diabetes Association, "cholesterol, triglycerides and blood pressure levels would have all dropped dramatically. That's a major improvement in health."

Are you at risk?

You are at risk of type 2 diabetes if you:

- are 40 years of age or older;
- are overweight, particularly if you have an "apple" shape because you carry most of the weight around your torso;
- are physically inactive;
- are of Aboriginal, Hispanic, Asian or African descent;
- have a parent, brother or sister with diabetes;
- developed gestational diabetes while pregnant or gave birth to a baby that weighed more than 4 kg (9 lb);
- have high cholesterol;
- have high levels of blood glucose;
- have high blood pressure or heart disease

How do you know if you have diabetes?

Early diagnosis of diabetes is key to preventing or delaying the onset of complications.

The Canadian Diabetes Association has compiled Clinical Practice Guidelines for the Management of Diabetes in Canada which recommends that everyone age 40 and older be screened every three years for diabetes. Anyone with other risk factors should be screened annually.

Although many people with type 2 diabetes have no symptoms, others experience one or more of the following:

- unusual thirst
- frequent urination
- unusual weight loss
- extreme fatigue or lack of energy
- blurred vision
- frequent or recurring infections
- cuts and bruises that are slow to heal
- tingling or numbness in hand and feet

Two-Spirited People in Eeyou Istchee

by Norman Fireman

For this issue *the Nation interviewed people on what they thought about two-spirited people or how they're treated in Eeyou Istchee.*

Nina Diamond from Waskaganish: "I think everybody's civilized in life. As far as I'm concerned I worked with them on front basis. We're all civilized people. There's room for everybody else in

the world. As to why someone is gay or lesbian, I do not enter that part of their boundary, unless that person is willing to share that with me. I have worked with people who are gay and lesbian. I don't

look at them that way; I just see them as human beings. The Creator made people to be like that, there's nothing you can do to change it. It's only obnoxious people who make the world into an

unlivable place that would discriminate against people, but for me I don't see it that way."

Caroline Mianscum from Ouje-Bougama: "I have hung around with people who are gay and I find them

continued on page 21

We're 11 years old and counting!

We here at the *Nation* don't like to toot our own horns (very much), but we feel a birthday is one of those occasions that we can and must.

With this issue, we have officially turned *11 years old!*

For these past 11 years we have been informing the people of Eeyou Istchee about what's happening in their communities as well as watching out for the little guy. That's why we believe the *Nation* is as important and relevant than ever.

Many issues, including the Paix des Braves agreement, forestry, mining, and other forms of development are hot topics in Cree territory and we are doing what we can to keep you informed on these and many other controversial subjects.

When people want to know what's going on in Eeyou Istchee they turn to us, and for that we thank each and every one of you.

Here's to another 11 years!

- The *Nation* Staff



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Healthy Living

Nourish the body and
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Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.



Swiss Steak

1	two pound round steak, 3/4 inch thick	907 g
2 tablespoons	all purpose flour	30 ml
1 teaspoon	salt	5 ml
1/2 teaspoon	fresh ground pepper (divided in half)	2 ml
1 tablespoon	vegetable oil	15 ml
1 sixteen (16)		
ounce can	tomatoes (with the liquid)	454 g
1 cup	chopped onion	250 ml
1	medium green pepper, sliced	
1 2 1/2		
ounce can	sliced mushrooms	70 g
1 tablespoon	cornstarch	15 ml
1/4 cup	cold water	50 ml

Remove all traces of fat and bone from your steak and then cut the meat into six pieces.

Mix together flour, salt and 1/4 teaspoon of pepper. Sprinkle the mixture over both sides of the meat, then pound the flour mixture into the meat with a meat mallet or the side of a heavy plate.

Brown the meat in vegetable oil in a heavy frying pan. Add your tomatoes, tomato liquid, and your chopped onion pieces, then cover and bring to a boil. Reduce heat and simmer for about 2 hours or until the meat is tender. Be sure not to leave your stove unattended! Check on the meat every few minutes.

Add the green pepper and mushrooms during the last 10 minutes of cooking. Put the meat on a heated platter, leaving the tomato mixture in the frying pan.

Mix your cornstarch into the cold water, and then blend this into the pan liquids. Add remaining 1/4 teaspoon of pepper. Stir constantly until the gravy is thickened. Makes 6 servings.

NUTRITIONAL INFORMATION PER SERVING

Calories: 244, protein: 26 g, carbohydrates: 10 g, dietary fibre: 1.5 g,
total fat: 10 g, cholesterol: 72 mg, sodium: 500 mg.



Northern

to be very nice. I find gay people harmless. I never saw them get violent. They're human beings like everybody else. I found them to be very kind and warm-hearted people. My daughter used to hang around with gay guys and she said they were very nice. On the other hand it's the straight guys that I found to be negative and very teasing."

Mary Anne Wapachee from Mistissini: "I don't find anything wrong with two-spirited people. They're not violent. There's a lot of gossip about them. People will say things about them that aren't true. They have their own problems like straight people do.

They're no different from anybody else."

George Miamianscum of Whapmagostui: "They're one of the most generous and considerate and polite people I know. In their own communities they get teased. Some people are against them. Especially if their families know they're gay, they want to disown them. They have no respect for them. Personally I think they should be treated like everybody else. It's their choice to live the lifestyle they want. If they choose to be with the same sex then that's their business. I don't think anybody should have the right to be against these people or to say they don't have the right to live

the way they want."

Brian Webb of Chisasibi: "I believe that the Cree people are very tolerant and accepting of everyone. Not just gay and lesbians. However, as with every other society, there are a few ignorant people who are not open to different views of life."

Elizabeth Napash from Chisasibi: "I've known friends that are gay since I was 18. I always found them to be very nice. They don't stab you in the back. My daughter is only 13, she gets calls from guys who may be gay and she told me they're very good friends. So I don't have to worry about her that much knowing she's safe. These people are harmless."





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I'm Being Followed by a Moon Shadow

by Xavier Kataquapit



Most people seldom take the time to look up at the night time sky. I guess we just never think about it much and we assume that there is nothing much worth seeing up there. From time to time, I try to take a few moments to look up and contemplate the floating objects above our heads. Strangely enough if we hear an airplane flying just a thousand feet above our heads that is a big deal. Somehow we don't really find it astonishing that stars, planets, the moon and sun are orbiting around each other at fantastic speeds and distances.

Recently, I recorded a major celestial event – a lunar eclipse. I took out my video camera and followed the slow but steady movement of the moon as it moved through the phases of the eclipse. As I followed the changing face of the moon, I read up on what was actually taking place and found out that an initial shade known as the penumbra takes place when the moon begins entering the earth's shadow. This part is only slightly noticeable as a dimming of the moon's pale colour. Soon after, the moon enters into a stage known as the umbra, which is when the actual visual eclipse begins. I was also amazed to find out why the eclipsed moon never really blacks out but rather glows in a reddish hue. Apparently, the earth's shadow casts a red light on the moon during an eclipse. This red light is the glow of the morning rising sun or evening sunset all around the globe shining on the moon at the same time. If one were to sit on the moon and stare at the earth during a lunar eclipse, they would see a red halo surrounding the planet as it blocked the sun.

When I was young, I enjoyed looking up at the night time sky and I marveled at the idea that we are just a small group of beings on a little ball of matter floating aimlessly across space. I was amazed at the idea that there was a greater universe of stars, dust, planets and forms that we do not yet understand.

As I grew older, looking up into space to stare at the stars and moon became a form of meditation for me. When I was alone at night I would often watch the slow procession of celestial lights in the dark sky. This was my escape from the chaotic routine and stressful envi-

ronment of living in a remote community. I remember taking time on warm autumn nights to sit and stare at a rising full moon through the trees. I felt as though it was some sort of art show as I watched the pale light shine down on the leafless trees and sparkle on the river while it also lit up the sky in a dark blue hue that allowed only a few bright stars to poke through. In the spring during goose hunting season, I enjoyed sitting under the light of a full April moon. The white snow and ice covered land reflected the luminous moon and the night was alive with the sounds of garbling geese and trickling water as the frozen muskeg thawed.

In the Cree language the moon is called *Tab-Pis-Kab-Pee-See-M*, which literally translates as the "night sun". The word is taken directly from the word *Pee-See-M*, which means sun and *Tab-Pis-Kab-Oo*, which means night. The Cree respected the night time sun in much the same way that other ancient cultures did long ago. The moon provided a sense of time and marked special phases of the year to help people prepare for hunting, fishing and for the coming of winter. I learned from hunters and trappers that the moon helped travellers out on the land tell what period of winter was taking place at any given time. As it gets colder, the crescent shape of a moon provides a time frame for the cold months. In succeeding months, the crescent shape of the moon begins to turn on its end forming a 'U' shape. As it does so, the winter gets colder until this crescent moon turns into a perfect bowl shape marking the middle of winter. As the 'U' shape starts to return to its usual C shape position, the weather begins to warm and spring is on the way.

An eclipse is a marvelous thing to witness and I am happy to be able to see it anytime I want on video now. During the full or new phases, the moon, earth and the sun are aligned and this produces a stronger gravitational pull that actually raises ocean tides higher than normal. It makes one wonder how much this energy and gravitation might also affect humans who are made up of about 70 percent water. If it can move tides, I wonder what it does to us?

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BIRTHS - 100

To my sister Pam - On november 15th of 2004 at approximately 1pm, God blessed us with a baby boy, that weighed 8lbs & 6 ounces, and brought it into our family. This tiny human being whom has lived in you for months has finally made an appearance to live and shine in our family. I would like to congratulate you in getting through this time in your life, im very proud of you. When mom called me at school I ran out of class, and jumped up and down. I was so excited for you. I'm an auntie! Could hardly believe it! Just wanted to say congrats, luv always: Erica.

A BIG Congratulations to the following people, Naomi Bosum & Norman Neeposh on the birth of their baby girl Shante Miracle Neeposh, born on May 16th, 2004, Daniel Bosum & Blanche Awashish on the birth of their baby girl, Megan Kristen Bosum born on October 20th, 2004, and to Darryl Hughboy & Karen Bosum on the birth of their baby girl, Tianna Love Hughboy, born on November 16th, 2004. We thank God for an extended family, and we wish all the best! With much love, from the Bosum Family in Ouje.

BIRTHDAYS - 101

I would like to wish my sister (Caroline Neeposh Ratt) a "Happy Birthday" on October 11, 2004. I miss you and I am looking forward to seeing you soon. I still have your birthday card I bought for you I'm just looking for the perfect gift for a perfect sister & friend. Take care of yourself and take it easy when you blow out those candles(lol....). I love you and miss you alot. Love & Prayers from Evadney in Nemaska.

Extra birthday greetings going out to our auntie Sarah in Waskaganish on Oct. 3. We hope you enjoyed your special birthday and took time for yourself to relax and have some fun...not too much fun tho.... Anyways, happy birthday and may you be blessed with many more birthdays...with

love your nieces Kaylyne & Marlana Trapper in Gatineau, PQ. XOX...PS: Mommy is still waiting for her baby sister to come to the city so that she can nag and bug her all the time...jk..no, just so that she could give you some good tips on college life...hope to see you soon.

Belated birthday wishes going out to the following people: Sarah B. on Oct. 3; Marissa B. on Oct. 5; Rod B. on Oct. 14; Roland B. on Oct. 15; Miranda B. & goo-goo Hazel on Oct. 17; Betty & Jocelyne B. on Oct. 18 and Pearl B. on Oct. 19. Hope each one of you enjoyed your special days coz they only come once a year...Again, happy birthday and many more to come.... from Diane & girls...

We would like to wish Natasha Diamond a Happy Birthday on October 26th. She is turning 16. Happy Birthday gurl! Take care of yourself in Timmins eh!? We love you gurl! From your home-gurlz in Waskaganish!

Birthday wishes going out to two very special guys in our lives. Peter James (Paejo) on November 18...wow it's been a whole year now...your finally one. Soon you and Josiah will be running around together. Next is Scott on November 28...saah your getting older which means I'm getting older.... not good. Well anyways boys we love so much and I (lor) hope you can teach my lil man to be a good man someday soon. With lots of hugs n kisses Lor and Josiah

Happy Belated Birthday to Emona Doodles. Wow your So OLD now...lol...right behind you..Dang nah. Well maybe I'll get you you a case of Doodles next year...k? Nii Ket Yum Yum

A very special birthday greetings going out to our very special little girl, HAILIE-JADE NEA-CAPPO LOON. She will be celebrating her 2nd birthday on Nov.2, 2004, Happy 2nd Birthday little one and we love you so much. God blessed us with such a special girl. In so many ways you have brighten

our days. Have fun on your birthday! With love always, Mommy, Daddy & Lil Sister (Melina, Benjamin, Kaylee)

We would like to say Happy Birthday to Jaime Matoush. On November 3rd, 2004 in Wemindji. Once Again HAPPY BIRTHDAY JAIME MATOUSH...And many more to come. From: 36 spruce st. in Wemindji

We would like to say happy birthday to our godson Timothy Matoush Jr. on November 1st, 2004 in Wemindji. Hey Jr. it's your birthday, once again HAPPY BIRTHDAY Jr. and many more to come. We love u very much... From: your Godparents 36 spruce street, I think u will know us. We're from Wemindji

Belated Birthday wish going out to my little sister Esther Fredericka Shaynna. She was celebrating her 6th birthday on November 8. Hope you had a special birthday as special as you are. I wanted to tell you that i love you with all my heart and i will always be there for you my baby sister. No matter what. Will i hope i'll see u soon sister. From your oldest sister in Waskaganish, Pierrette.

On Nov. 1st, 2004 someone very special will be celebrating his birthday. Robert Dixon Hope you will have a great day. Always remember that you ARE A VERY SPECIAL PERSON. A great father, loving husband and you are my best friend. Thank you for always being there for me & our boys. We love you always, Jennifer, Ethan-Robert and Richard.

We would like to send a Birthday Greeting to my niece Kelly Pepabano-Louttit (Chis.) on Nov 2nd, 2004. Have a great day and don't expect too much because Christmas is just around the corner. Anyways, happy birthday and many more. With love, Jennifer, Robert, Ethan-Robert and Richard Dixon (OJ)

I want to wish a happy belated birthday to my boyfriend Michael Weetaltuk in Whapmagoostui. His birthday

was on October 31st. I wish him the best and to have many birthdays to come. From Mary Niquanicappo and baby Charlie.

We would like to send EXTRA special birthday greetings to our auntie Sarah in Waskaganish for her birthday on October 3, 2004. Hope you took time to relax and have some fun auntie...but not too much fun eh?? Anyway, happy birthday again and may you be blessed with many more birthdays...from your nieces Kaylyne and Marlana Trapper in Gatineau, QC.XOXOXO

I would like to take the time to say happy belated birthday to my baby sis Sarah who celebrated her 27 birthday on October 3. I'm still waiting for you to come and move to the city sis...so that I could give you some good college tips...I'm sure I'll be still here when you do decide to come down, nagging and bugging you all the time...lol.... jk. But whatever you choose to do in your life, know that I'm behind you 100%...Again, happy birthday...from your sis Diane

Birthday greetings going out to Marissa B. in Wask on Oct 5; Rod B. in North Bay on Oct. 14; Roland B. in Wask on Oct.15; Miranda B. & Goo-Goo Hazel in Wask on Oct. 17. Happy Birthday to all of you and many more to come.... from Kaylyne & Marlana in Gatineau

I would like to send a birthday wish to MAGGIE ETAPP have a great birthday have fun girl from ur friend miss Baribeau

I would like to wish a Happy Birthday to my DAD Simeon Trapper. Dad you mean so much to me, you've helped me through good and also bad times, you encouraged me in whatever I desired to do. You made my goals a reality. I thank you for all your help and concerns about me. No worries dad.. So...once again Happy Birthday and enjoy your day.... Miss and Love you lots...fr. Tammy Joyce all the way from North Bay!!

I would like to wish Bianca Jonah Pachano a Happy Birthday for her 1st Birthday on November 17

CLASSIFIEDS

2004. I hope you have fun on your Special Day Girl. I Love You So Much. Lot's of xoxoxox Love always, Angela (Chis.)

Anjawbaw!! Mr. Peter Atsynia will be celebrating his 1st birthday on the 18th of November, just two days before Chayse Amoo, who will also be celebrating his 1st. Anjabawa you guys! I can't wait to see you! So i hope u guys have fun opening presents eating that sweet icing! So again Happy Birthday lil guys, wits lots of luv hugs & kisses, from someone who really misses you guys all the way from Gatineau!! (K). XoXoX

Happy Birthday to my daughter Beverly-Ann Meskino on Nov 17th. I love you, from your mom

Happy Birthday to Brian Pepabano on Nov 28th. Have fun take care yourself from us in Val D'Or, high five says happy birthday too. PS: don't party too much

Happy Birthday to my dadand our grandpa Sam Kitty on Dec 3rd. Love from your daughter Ann and your grandchildren Derek, Beverly-Ann and Curtis. PS: I love you and miss you

We would like to wish a Happy 2nd Birthday to our son Denzel Bert William Berryman, who will celebrate his birthday on November 20th. With lots of love from Mommy and Daddy.

Wishing a Happy 2nd Birthday to Sylvester on November 27. Have lots of fun on your special day. From your Cuz Denzel.

Someone very special in my life celebrates his 2nd birthday on nov.24.04 my son Romacus. You have bought laughter, joy and most of all LOVE with those sweet little things that you do and i treasure each day we spend together. Words can't explain how much you mean to me but always remember that I LOVE YOU WITH ALL MY HEART and I'll always be there for you. Once again, Happy 2nd birthday my baby. Love always, ur mommy: Alice Gull (wask)

We would like to say Happy Birthday to our mom Stacy Moses on Nov 15. Happy Birthday mom. Your day will be a special day because you will be

?? We love you mom day by day even though we dont say it alot or everyday but you no that we do. . And thanks for being there for us hanging our diapers when we were little and giving us our bottles when we cried for it. But look at us now we are all grown up. Thanks mom for everything, we love you and you're the best mom anyone can have. From your children: Chantal, Kristy, Krisanne, Krystelle and your one and only son Jerome Moses.

We would like to wish a Happy 1st Birthday to our cute adorable Baby girl Kaydence Precious Atsynia on December 3rd 2004. Happy Birthday and many birth-days' to come we love you very much. With Love, Mom & Dad (Wemindji)

Birthday message for my niece Kaylen Janet Grace Wapachee on November 27, 2004. Ever since the day you were born...you've made my world a happier place. Thank God for nieces. You are all a blessing. We love you cutie...Love always: Auntie Brenda-Rose, cousins: Valerie, Patricia & Tyra Lynnsh xoxoxox

Birthday greetings going out to a wonderful loving aunt Maggie Minister in Montreal on November 27, 2004. There are some very special people in this world... an aunt like you is definitely one of them. I am blessed to have you as my auntie. Love you! Take care...and God bless. From your niece: Brenda-Rose W.Jolly and your grand nieces Valerie, Patricia & Tyra Lynnsh (Nemaska) xoxoxox

Happy Birthday to my sister in law Angela J. Wapachee on November 14, 2004. I'm so glad you are my sister in law, you are a wonderful mother to my nieces and my one and only nephew. Happy Birthday and many more to come. From: Your sister in law Brenda-Rose W.Jolly

Want to wish my birthday wishes to Alain on November 2. Sandra and, baby Derek on November 21. Least but not last Amanda on November 19. I love you all, and I wish you the best on your birthdays. Lots of kisses, and hugs. From Annie in Montreal

November 20...the day you came into this world...a beautiful baby boy, a new soul, a miracle. You fill our hearts with joy, love and happiness...we thank God for blessing us with your life. Happy # 1 Chayse Amoo!! Love Mom and Dad.

Wishing A Very Happy Birthday To Our Mom/Grandma Madeline Irene Matthew On November 22 .We Are Greatful To Have You In Our Lives And Thank You For Being There For Us. May You Have A Wonderful Day And May God Bless And Keep You Always.Love Your Children Alice, Aaron, William J.R., Edna-Rose, Darren, Virginia, Martina And April-Joy. Especially Your Grandchildren Tyson-John And Alyssa-Jolynn.

Birthday wishes going out to my buddies; Amanda Masty on Nov 17th, Sandra Sheshamush on Nov 21st and Anne-Marie Masty on Nov 27th. Happy Birthday girls! From your friend, Jeannie Mamianskum.

A special birthday wish going out to our Mom Christiana Petagumskum on Nov 16th. Best wishes and many more to come. We love you so much. From your

daughters; Angela & Pamela Petagumskum and Jeannie Mamianskum XOXOXO

PERSONAL - 300

Wanna say - Hey you beep to Seq Neeb over in Ottawa or wherever she may be right now. I hope not drunk. Then again aye Seq it's what we do so ever so good at...neh jfk. I wanted to know if you will Marry me...ehh.... don't listen to me. They tell me i'm tipsy but shhh I'm a little more then tipsy!!! Well I tried calling you sooo many times but well I just can't seem to reach you. Ta Ta suga. Toodles.... Love ya Lora-Dee...Hey Seq remember the phrase "Eat me"...Nurna must nah...lmao! Kisses

I would like to say Hello to my Buddy Trenton Moar in Mistissini. Don't give your daddy a hard time, be a good boy! Take care...from Denzel.

We would like to wish the people of Kawawachikamach, Quebec a VERY HAPPY CHRISTMAS AND NEW YEARS. ALL THE BEST IN THE YEAR 2005! From: Minnie, Frank, Amy Lee, George, John and Brianna.



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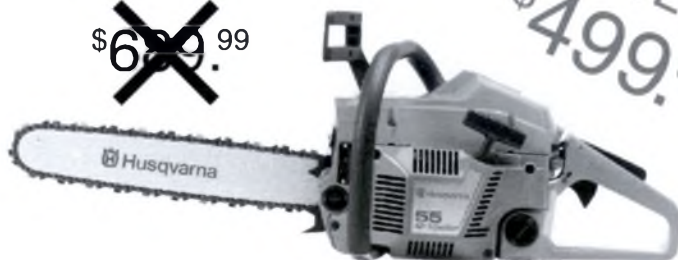
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Influenza or **flu** season is upon us. The best protection against **influenza** is the annual flu vaccination. This flu shot is available in Eeyou Istchee today.

Influenza or "the flu" is an infection of the airways caused by the influenza virus. Influenza causes: sudden high fever (38-40 C), headache, loss of appetite, severe muscle aches and pain, extreme fatigue and weakness, chills, dry cough, sweating and sometimes: sore throat, runny nose, nasal congestion and sneezing. A bout of influenza can leave you bedridden 5 to 10 days. Influenza also lowers your body's ability to fight off other infections, which can lead to pneumonia or bronchitis. It can also worsen a current medical condition such as diabetes, lung disease, heart disease, kidney disease or cancer. In some cases, this may be life threatening.

The influenza virus is highly contagious, spreading rapidly from person to person usually by air-born droplets carried in a cough or a sneeze. The virus can also survive up to 48 hours on surfaces like a telephone, computer keyboard, doorknob, kitchen countertop, teapot handle and toys. You may not know you have

contacted the influenza virus. It may be a day or even a week before symptoms appear, and in that time you can infect others.

Anyone who wants protection from influenza should consider getting a flu shot. Immunization is especially important for people with underlying medical conditions, for seniors, and for children 6-23 months of age. Household and certain work related contacts with those at risk should also be immunized, as well as people who provide essential community services.

Some people should NOT get a flu shot:

- People with anaphylactic hypersensitivity (or severe reaction) to eggs (chicken eggs are used in the production of the vaccine)
- People allergic to Thimerosal (a preservative present in contact lens solutions and the flu vaccine)
- People who have had an anaphylactic reaction (or severe reaction) to a previous flu vaccine
- Children under 6 months of age

For more information about the flu vaccination, please call your local health clinic or hospital.

Grand Chief Dr. Ted Moses
Grand Council of the Cree of Eeyou Istchee

Dianne Reid
Chairperson - CBHSSJB



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CREES WORKING AT AND VISITING EASTMAIN-1 IN 2004

It's mid-November and work at the Eastmain-1 jobsite is very advanced. In a few weeks all outdoor work at the jobsite will slow down considerably, and resume only after the spring thaw. The work camp's population will drop from 2500 to 1300 people for the winter.

Several Cree workers will soon be returning home to their communities. They hope to be back at work in May 2005.

2004 was a good year for Cree Construction and for the fifty or so Cree truck drivers and heavy equipment operators who worked mainly at the south dikes. They worked day and night, often seven days a week.

The same can be said for about one hundred Crees who work for Gestion ADC (CREECO) as cooks, cooks' helpers and janitors. It wasn't easy for them. They got up early in the morning to prepare breakfasts and lunches for the workers. They also had to make sure all the rooms were well cleaned.

For several weeks, more than 2500 peo-

ple were eating and sleeping at Eastmain workcamp. That's almost like feeding and cleaning for the population of Chisasibi or of Mistissini.

For several weeks this summer and fall, about one hundred Crees worked on forest clearing for the reservoir and at Nemiscau workcamp. They worked hard, too. Let's not forget the tallymen, who were involved in several jobs in their territory.

There were also Crees working for security and some who held more technical jobs in the laboratory, who will surely keep on working or be back.

Don't forget Matthew Iserhoff, our bus driver, and Louise Saganash, our clerk at the welcome office who have been working full time since 2003.

We can state that nearly 400 Crees worked on the Eastmain-1 project in 2004 and lived either at Eastmain or Nemiscau workcamps.

We congratulate them all and hope they

have a nice rest and some good times in their communities.

Several Crees from the communities of Nemaska, Eastmain, Waskaganish, and Mistissini came to visit the workcamp and the jobsite during the summer. Members of the CRA and CREECO held meetings at the workcamp. Musicians and singers, Pastor John Dixon, and several Cree trainees in carpentry and trainees in carpentry and equipment operation also came for a visit.

Finally, for the past few months, Cree workers have been able to tune in to the Cree network radio station. They can now get more information about their communities while at Eastmain workcamp.

In late 2004 and early 2005, I'll be touring the communities to present a Cree video explaining life in a workcamp like Eastmain.

Regards,
Johnny Saganash
Cree Advisor



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